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> [arboleaf](#) /

> arboleaf Mini Fascia Gun Model J2 Instruction Manual

arboleaf J2

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Model: J2 | Brand: arboleaf

INTRODUCTION

Thank you for purchasing the arboleaf Mini Fascia Gun Model J2. This compact and powerful percussion massager is designed to provide targeted muscle relief and relaxation. Please read this manual thoroughly before use to ensure safe and optimal operation. Keep this manual for future reference.

PACKAGE CONTENTS

Verify that all items listed below are included in your package:

- 1 x arboleaf Mini Fascia Gun (Main Unit)
- 4 x Interchangeable Attachments (Ball, U-shaped, Cylindrical, Flat)
- 1 x USB Type-C Charging Cable
- 1 x Storage Pouch
- 1 x User Manual

超軽量・携帯便利

370gの重さで、片手でも使える便利な筋膜リリース機器です。

自宅でのご利用はもちろんのこと、職場、車、ジムなどの試合会場等にも持ち運び簡単。



Image: Contents of the arboleaf Mini Fascia Gun Model J2 package.

PRODUCT OVERVIEW

The arboleaf Mini Fascia Gun Model J2 features a compact design with powerful performance, designed for ease of use and portability.

Key Features:

- **One-Touch Operation:** Simple control with a single button for all functions.
- **5 Vibration Levels:** Adjustable intensity from 1500 to 3000 RPM to suit various needs.
- **AI Smart Sensor (Level 5):** Automatically adjusts vibration frequency based on pressure applied to the muscle.
- **4 Interchangeable Silicone Heads:** Designed for different muscle groups and massage types.
- **Quiet Operation:** Equipped with a high-end brushless motor, operating at less than 50dB.
- **Long Battery Life:** Built-in 2000mAh x 2 lithium-ion batteries provide up to 8 hours of continuous use on a single charge.
- **Type-C Charging:** Convenient and fast charging with the included USB Type-C cable (DC 5V/2A).
- **Lightweight & Portable:** Weighing only 370g, it's easy to carry and use with one hand.
- **15-Minute Auto-Off Timer:** For safety and to prevent overuse.

Components:



Image: Main unit of the arboleaf Mini Fascia Gun Model J2.

SETUP

1. Charging the Device

Before first use, fully charge the device. Use the included USB Type-C cable. The charging specification is Type-C, DC 5V/2A.

- **Charging Indicator:** Red light blinks during charging.
- **Fully Charged Indicator:** Green light illuminates when charging is complete.



Image: Charging the arboleaf Mini Fascia Gun via Type-C port.

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Video: Demonstrates connecting the Type-C charging cable to the device. The charging indicator lights up red during charging and green when fully charged.

2. Attaching and Detaching Massage Heads

Ensure the device is powered off before attaching or detaching any massage heads.

1. To attach: Gently push the desired attachment into the opening until it is securely in place.
2. To detach: Pull the attachment straight out from the device.



Image: The four types of interchangeable massage heads.

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Video: Demonstrates how to attach and detach the massage heads by gently pushing and pulling.

OPERATING INSTRUCTIONS

1. Power On/Off

- **To Power On:** Press and hold the power button for 2 seconds. The device will start at Level 1.
- **To Power Off:** Press and hold the power button for 2 seconds.
- **Automatic Shut-off:** For safety, the device will automatically turn off after approximately 15 minutes of continuous use.

2. Adjusting Vibration Levels

Once powered on, short press the power button to cycle through the 5 vibration levels:

- **Level 1 (1500 RPM):** Gentle muscle care.
- **Level 2 (2000 RPM):** Muscle relaxation.
- **Level 3 (2500 RPM):** Relieves muscle tension.
- **Level 4 (3000 RPM):** Deep muscle massage.
- **Level 5 (1500-3000 RPM):** Adaptive mode with AI smart sensor, adjusting frequency based on pressure.

Type-C 充電便利

滑り止めハンドル、人間工学デザインで手にフィットします。

最大約 8時間
15分
2000mAh*2

ご注意

1、初めての充電時や長期間未使用後の充電時は、電池持続時間が短い場合があります。充電と使用を何度も繰り返すと正常に戻ります。
2、市販のACアダプターで充電する場合は推奨アダプターの仕様とあっているかご確認ください。推奨アダプター：定格出力 DC5V 2A ※2Aを超えるものは使用しないでください。また、2A未満のものをご使用の場合、充電時間が長くなる場合があります。
また、一部のパソコン、モバイルバッテリー、ACアダプター、急速充電器では、充電ができない場合があります。電源供給元を変更し、再度充電してください。
3、充電したままで電源をONにすると、「充電できなくなる」故障の原因になりますので、必ず充電コードを外してから電源をONにしてくださいようお願い申し上げます。
4、最長動作時間は振動レベル1で使用した場合の目安です。電池の残量や充電環境、使用環境によって大きく前後します。

Image: Illustration of the 5 vibration levels and their corresponding RPMs.

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Video: Demonstrates powering on the device and cycling through the 5 vibration levels with a single button press.

USAGE TIPS AND APPLICATION AREAS

Gently apply the device to the desired muscle area. Avoid pressing too hard. Limit use to approximately 3 minutes per area.

Recommended Attachments for Different Areas:

- **Ball Head:** Suitable for large muscle groups like thighs, back, and glutes.
- **U-shaped Head:** Ideal for areas around the spine and Achilles tendon.
- **Flat Head:** Applicable to all parts of the body, especially for general relaxation.
- **Cylindrical Head:** Best for pinpoint massage on areas like palms and soles of feet.



深層振動力

圧倒的なパワーでリラックス感を体の奥まで届く。

自動モード

AIスマートセンサーを搭載しており、押し当てる強さに応じて振動の頻度を自動調節する。

- 6mm振幅
- 約14kg 最大耐圧力
- 1500-3000rpmの回転速度

Image: Guide to using different attachments on various muscle groups.

Recommended Usage Frequency:

Body Part	Duration & Repetitions
Shoulder Muscles	15-20 seconds x 3 times
Palms	15-20 seconds x 3 times
Back Muscles	30-60 seconds x 3 times
Gluteal Muscles	30-60 seconds x 4 times
Thigh Muscles	30-50 seconds x 3 times
Calf Muscles	20-40 seconds



Image: Visual guide for recommended usage frequency on various body parts.

MAINTENANCE

After each use, wipe the device with a soft cloth and store it in a dry place.

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Video: Demonstrates cleaning the massage gun with a soft cloth after use.

SAFETY PRECAUTIONS

To prevent injury or damage to the device, observe the following precautions:

- Do not use on bones, joints, or sensitive areas such as the neck (especially near the carotid artery), head, or elbows.
- Avoid using on areas with open wounds, skin conditions, or recent injuries.
- Do not use if you have any medical conditions, are pregnant, or have a pacemaker, without consulting a doctor.
- Keep out of reach of children.
- Do not immerse the device in water. It is not waterproof.

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Video: Illustrates areas where the massage gun should not be used, such as bones, joints, and sensitive areas like the neck and head.

TROUBLESHOOTING

If the device does not operate, makes unusual noises, or encounters any other issues, immediately stop using it and contact customer support from your place of purchase.



Image: Contact customer support for assistance.

SPECIFICATIONS

Feature	Detail
Model Number	J2
Product Size	9 x 5 x 14 cm

Feature	Detail
Product Weight	370 g
Power Source	Battery Powered (Lithium-ion)
Battery Capacity	2000mAh x 2
Charging Time	Approx. 3 hours
Continuous Use Time	Up to 8 hours (varies by usage level and environment)
Charging Port	Type-C (DC 5V/2A)
Vibration Levels	5 (1500-3000 RPM)
Noise Level	Below 50dB
Auto-Off Timer	15 minutes
Material	ABS, Silicone
Water Resistance	Not Waterproof

WARRANTY AND SUPPORT

This product comes with a one-year manufacturer's warranty from the date of purchase. In the unlikely event of an initial defect, please contact our customer support. You can reach us via your Amazon account service: "Account Service" → "Order History" → "arboleafJP" → "Ask a Question" or through other contact methods listed in the manual.

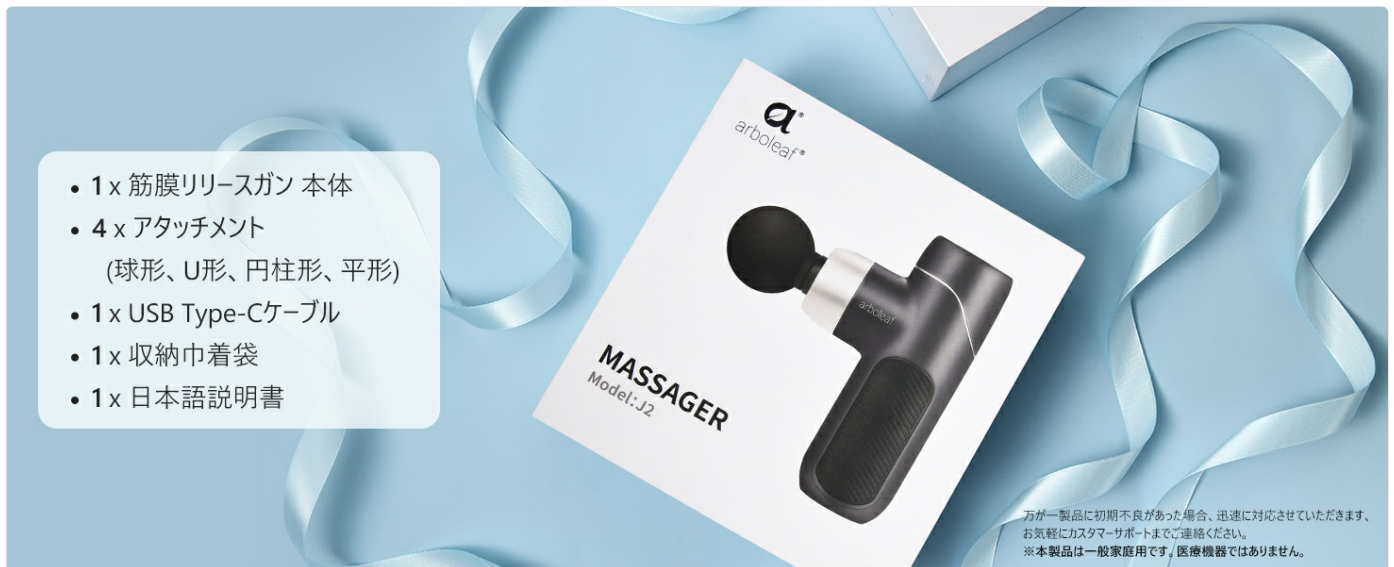


Image: LED indicator status and 1-year warranty information.